

SUMMER MENU

	May 14,2018	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE	WEEK SIX
M O N D A Y	BREAKFAST	Cold cereal w/ milk, whole wheat toast and milk & water.	Fresh Fruit Kabobs with toast and milk.	Cinnamon Scone with apple slices and milk.	Bagels with Cream Cheese and water.	Oatmeal with sliced oranges on the side and milk.	Raisin toast, fresh peaches and milk.
	LUNCH	Crunchy Fish Sticks, Rice with Mixed Vegetables, milk & water.	Chicken Cacciatore w/veggies, rotini noodles, milk/water.	Cheeseburgers, corn, pickles, milk and water.	Chicken taco salad, whole wheat tortilla chips, milk and water.	Meatball subs with tossed salad, milk and water	Turkey mini subs, tomato/cucumber salad, milk and water.
	SNACK	Mixed Berries w/ whipped cream and water.	Fruit muffin and milk	Rainbow Fruit Platter (strawberries, watermelon, grapes, pineapple), vanilla wafers and water.	Strawberry Shortcake with fresh strawberries and milk.	Fresh raspberries, shortbread cookies and water	Strawberries with Vanilla Ice Cream and water.
T U E S D A Y	BREAKFAST	Oatmeal with Berries and milk & water	multigrain cheerios, orange slices milk & water	Oatmeal with fresh blueberries and milk.	Cold Cereal with Bananas and milk & water.	Egg & cheese on whole wheat muffin and milk & water.	Oatmeal with Canteloupe on side and milk.
	LUNCH	Goulash, Fresh yellow & green Beans, milk & water.	Tuna sub w/ lettuce and tomato on sub roll with sliced cucumbers, milk & water.	grilled cheese sandwich on ww, tomato macaroni soup, milk & water	scambled eggs, english muffins, breakfast sausage, cheese milk & water	cold plate- sliced ham,turkey, cucumber tomato salad ,cheese ,dinner roll milk & water	Beef Taco Salad with whole wheat roll, milk and water.
	SNACK	Granola bars, grapes and water.	Cantaloupe, honey dew melon w/shortbread cookie and water.	Vortman fruit-filled cookies, fresh pear slices and water.	Fresh pineapple, arrowroot cookies and water.	Veggies with Ranch Dip, multi grain crackers and water.	Half banana, Vortmann cookie and milk
W E D N E S D A Y	BREAKFAST	Waffles with raspberries and syrup and milk.	Blueberry muffins with butter and milk.	Nutrigrain bars, peaches and milk.	Oatmeal with whole wheat toast and milk and water.	Cheerios Cereal with apples and milk & water.	Waffles with blueberries and milk.
	LUNCH	Homemade macaroni & cheese w/ham, cooked carrots, milk and water.	cold plated vegetables, ranch dip, hard boiled eggs, cheese, bread sticks, milk & water	Beef Spaghetti with Tossed Salad, milk & water.	Macaroni salad, ham sandwich, milk and water.	Spanish Rice w/ground beef, yellow-orange-red peppers slices, milk and water.	Spaghetti w/ meat sauce, Tossed salad, w/w roll, milk and water.
	SNACK	applesauce graham crackers, water	Fruit-Yogurt Smoothie with graham crackers and water.	salsa-mole mix with tortilla chips and water	broccoli, cauliflower, cukes,dip, water	Tortilla with WOW butter, half bananas, water	Strawberry-Banana Smoothie, arrowroot cookies & water.
T H U R S D A Y	BREAKFAST	Yogurt fruit parfait, granola and water.	Scrambled eggs w/ shredded cheese, w/w toast and milk & water.	Heart Healthy Cereal with whole wheat toast and milk & water.	Pancakes with blueberries on the side, syrup and milk.	Applesauce with whole wheat toast and milk & water	Cold Cereal with whole wheat toast and milk & water
	LUNCH	seasoned chicken, ceasar salad, dinner roll milk and water	BBQ Italian meatballs, egg noodles, mixed vegetables, milk & water	egg salad sandwich on ww, w/broccoli, cauliflower w/ranch dip, milk and water.	sliced roast beef on kaiser roll, squash, pickle, milk & water	chicken quesadilla, linguini salad milk & water	bbq chicken and garden salad milk & water
	SNACK	Red/YellowPeppers, celery w/ ranch, breton crackers & water.	Spicy stuffed celery and water	Activia yogurt withgraham crackers, water	Multi-grain Crackers, cheese and water.	Jello with Fruit, cookie/cracker and water.	Cheese, vegetable thin crackers, water
F R I D A Y	BREAKFAST	Whole Wheat Bagels with jam and milk & water.	Oatmeal with raisins or cranberries and milk.	Scrambled eggs with sausage links and milk.	Cheese Omelet, whole wheat toast and milk & water.	French Toast with bananas and milk.	scrambled eggs, bagel, milk & water
	LUNCH	Hamburgers, dill pickle spears, coleslaw, milk and water.	Baked Ham & Cheese sandwich on bun with Sweet Potato Fries, milk & water.	chicken fried rice& vegetables milk & water	Sloppy joes on wheat bun with corn, milk and water.	Ham Sandwich, Potato Salad, pickles, milk and water.	pizza ,celery, carrots, dip, milk & water
	SNACK	greek yogurt, fresh blueberries, water	Cheese with Crackers and water.	Breadsticks, sliced cucumber, carrot sticks and water.	fruit dip with apple and pear slices, graham crackers and milk	frozen yogurt, water	nutrigrain bar, pears, and water.